

Low Fat Red Cabbage Coleslaw

Coleslaw is a delicious side to any cold plate, fried chicken or fried fish meal. But store bought coleslaw dressing is loaded with fat, sugar and salt....I think we can do better than that!

Ingredients:

½ head of red cabbage, grated finely

2 medium carrots, grated finely

1 small onion, finely diced

For Dressing:

2 Tbsp low fat, olive oil mayonnaise

¼ c. 0.5% milk

1 Tbsp. white vinegar

1 Tbsp. cider vinegar

1 Tbsp. lemon juice

2 tsp sugar

1 tsp salt

In a small bowl or 2 cup measuring cup, combine mayonnaise and milk. Add white vinegar, cider vinegar and lemon juice. Let sit for a few minutes before stirring in sugar and salt. Set aside until ready to dress coleslaw.

In medium size bowl, add grated red (or purple) cabbage, grated carrot and diced onion. Slowly pour dressing over salad to dress to desired amount. Refrigerate for 2 hours or until ready to serve.